



Jazz it up with juice.





Pina Colada Mocktail and Spicy Chicken Wings.



Pina Colada Mocktail

- 1-1/2 cups Dole Pineapple Juice
- 1/3 cup real cream of coconut
- 1-1/2 teaspoons rum extract
- Crushed ice

Combine all ingredients in blender. Whir until blended. Garnish as desired. Serves 4.

Per serving: 99 calories, .9 g protein, 4 g fat (4 g sat.), 15 g carbohydrate, 13 mg sodium, no cholesterol



Pineapple Frost

- 2 cups Dole Pineapple juice
- 1 cup nonfat milk
- 1/4 cup sugar
- 1 teaspoon vanilla extract

Pour 1 cup pineapple juice into ice cube trays; freeze until firm. Combine remaining juice, milk, sugar, and vanilla in blender. Add juice cubes, one at a time, while blender is running; process until smooth. Serve immediately. Serves 4

Per serving: 143 calories, 3 g protein, .2 g fat, 33 g carbohydrate, 37 mg sodium, 1 mg cholesterol
Prep time: 10 minutes. Freeze time: 2 hours.



Spicy Chicken Wings

Marinade:

- 1-1/2 cups Dole Pineapple Juice
- 3/4 cup each: minced yellow & green onion
- 6 tablespoons soy sauce
- 1-1/2 tablespoons each: oil, vinegar & sugar
- 1 tablespoons thyme, crumbled
- 1-1/2 teaspoons each: allspice, cinnamon & black pepper
- 1 teaspoon ground nutmeg
- 3/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 2 lbs. chicken wings/drumettes
- 1-1/2 teaspoons cornstarch

Marinade: Combine all ingredients. Pour 1 cup marinade over chicken wings. Marinate 30 minutes. Remove chicken to broiler pan. Brush wings with marinade. Broil 5 inches from heat source 14 minutes; turn once. Blend cornstarch into remaining marinade. Cook, stirring, until boils and thickens. Serve as sauce for chicken. Makes 24 appetizers.

Per Appetizer: 30 calories, .7 g protein, 1 g fat (.2 g sat.), 4 g carbohydrate, 303 mg sodium, 2 mg cholesterol
Prep time: 10 min. Marinate: 30 min. Cook time: 14 min.



Confetti Pasta Salad

Dressing:

- 1-1/4 cups Dole Pineapple Juice
- 1/4 cup lime juice
- 3 tablespoons each: anchovy paste & sesame oil
- 4 teaspoons soy sauce
- 1 jalapeno chile, chopped with seeds (2 tsps.)

Salad:

- 1 lb. spiral pasta
- 4 green onions, sliced
- 2 small Dole Carrots, thinly sliced
- 1 red bell pepper, seeded, sliced
- 1 cucumber, peeled, seeded, sliced
- 3 cups shredded Dole Cabbage
- 1/3 cup each: chopped cilantro & mint

Dressing: Combine all ingredients. **Salad:** Cook pasta according to package directions. Toss with dressing and remaining ingredients. Serves 10.

Per serving: 248 calories, 7 g protein, 5 g fat (.6 g sat.), 44 g carbohydrate, 166 mg sodium, 1 mg cholesterol
Prep time: 25 minutes. Cook time: 10 min.



Honey Mustard Chicken

- 6 boneless, skinless chicken breast halves
- 2 large cloves garlic, pressed
- 1 teaspoon thyme, crumbled
- Salt and pepper to taste
- 2 teaspoons vegetable oil
- 1 cup Dole Pineapple Juice
- 1/4 cup each: honey & Dijon mustard
- 1 tablespoon cornstarch

Rub chicken with garlic and thyme. Season with salt and pepper. In nonstick skillet, brown chicken in oil. Combine pineapple juice, honey, mustard and cornstarch until well blended. Pour over chicken. Cover, simmer 15 minutes, stirring occasionally. Serves 6.

Per serving: 223 calories, 28 g protein, 3 g fat (.5 g sat.), 20 g carbohydrate, 208 mg sodium, 68 mg cholesterol
Prep time: 15 minutes. Cook time: 20 minutes.



Honey Mustard Chicken and Confetti Pasta Salad.



Festive Fajita, garnished with cheddar cheese and guacamole.



Festive Fajita

Marinade:

- 1-1/2 cups Dole Pineapple Juice
- 1/3 cup minced cilantro
- 2 large cloves garlic, pressed
- 2 teaspoons each: cumin & chili powder
- 1 teaspoon each: paprika, oregano & cayenne pepper

Fajita:

- 1 lb. beef skirt steak
- 1 teaspoon cornstarch
- 8 flour tortillas
- Shredded: lettuce, Cheddar cheese
- Chopped: tomato, red onion

Marinade: Combine all ingredients. Pour 3/4 cup marinade over steak, reserve remaining for sauce. Marinate steak overnight. Remove steak to broiler. Discard marinade. Broil or grill steak 5 inches from heat source 5 minutes on each side. Combine reserved marinade with cornstarch. Cook, stirring, until sauce boils and thickens. To serve, slice steak on diagonal into thin strips. Top tortilla with lettuce, cheese, tomato, onion, steak and fajita sauce. Roll up. Serves 8.

Per serving: 288 calories, 15 g protein, 11 g fat (3 g sat.), 33 g carbohydrate, 305 mg sodium, 30 mg cholesterol
Prep time: 25 min. Marinate: overnight. Cook time: 10 min.



Southwestern Grill

- 1 lb. pork tenderloin or chicken, chunked
- 2 zucchini, chunked
- 1 red bell pepper, seeded, chunked
- 12 small mushrooms
- 2 teaspoons cornstarch
- 2 tablespoons each: raisins & chopped parsley

Marinade:

- 2 cups Dole Pineapple Juice
- 1 medium yellow onion, thinly sliced
- 2 tablespoons oregano, crumbled
- 4 teaspoons chili powder
- 1 teaspoon thyme
- 1/2 teaspoon each: cayenne, black pepper

Arrange pork in glass casserole dish. Pour 1 cup marinade over; reserve remaining for sauce. Marinate meat 30 minutes. Thread meat alternately with zucchini, bell pepper and mushrooms on 12 skewers. Broil 4 inches from heat source 5 to 6 minutes. Turn once, brush with marinade. Add cornstarch to reserved marinade; stir until blended. Add raisins and parsley. Cook, stirring, until sauce boils and thickens. Serve as dipping sauce. Serves 6, 2 skewers each. **Marinade:** Combine all ingredients.

Per serving: 222 calories, 19 g protein, 6 g fat, (2 g sat.)
23 g carbohydrate, 74 mg sodium, 48 mg cholesterol
Prep time: 25 min. Marinate: 30 min. Cook time: 6 min.



Dynasty Sweet 'N Sour

- 1 lb. pork, chicken or shrimp
- 2 teaspoons vegetable oil
- 1 each: chopped onion & garlic
- 2 medium Dole Carrots, thinly sliced
- 1/2 medium green & red bell pepper seeded, chunked
- 1 cup Dole Pineapple Juice
- 1/4 cup white vinegar
- 3 tablespoons each: brown sugar catsup & soy sauce
- 4 teaspoons cornstarch
- 1 teaspoon ground ginger
- 2 tablespoons chopped green onion
- 2 cups hot cooked rice

Cut pork or chicken into bite-size pieces. In nonstick skillet, brown meat in oil. Reduce heat to low, add onion and garlic. Cover, cook 5 minutes. Add carrots and bell peppers. Combine remaining ingredients, except green onion and rice. Stir into pan. Cover, simmer 10 minutes longer. Sprinkle with green onion. Serve with rice. Serves 4. **For shrimp:** Cook sauce until comes to boil. Add uncooked shrimp, cook 4 minutes.

Per serving: 431 calories, 29 g protein, 11 g fat (3 g sat.),
54 g carbohydrate, 978 mg sodium, 72 mg cholesterol
Prep time: 15 min. Cook time: 20 min.



Pineapple Meringue Pie.



Pineapple Meringue Pie

- 3/4 cup sugar
- 1/4 cup cornstarch
- 1-3/4 cups Dole Pineapple Juice
- 3 egg yolks, lightly beaten
- 3 tablespoons margarine
- 1-1/4 teaspoons grated orange peel
- 1 baked (9 inch) pie crust

Meringue:

- 3 egg whites, room temperature
- 1/2 teaspoon cream of tartar
- 1/3 cup sugar

Mix sugar and cornstarch in saucepan. Gradually stir in pineapple juice until blended. Cook, stirring, until mixture boils and thickens. Blend half of hot mixture into egg yolks. Stir that mixture back into saucepan. Cook over low heat 1 minute, stirring constantly. Remove from heat. Stir in margarine and orange peel. Pour into baked pie crust. **For Meringue:** Beat egg whites with cream of tartar until foamy. Gradually beat in sugar, 2 tablespoons at a time. Beat until stiff peaks form. Spread meringue over filling, sealing to edge of crust. Bake in 350 F oven 12 to 15 minutes or until golden. Cool completely. Serves 8.

Per serving: 304 calories, 3 g protein, 11 g fat (3 g sat.), 48 g carbohydrate, 203 mg sodium, 103 mg cholesterol
 Prep time: 25 min. Cook time: 5 min. Bake time: 15 min.



Pineapple Mousse

- 1-1/2 cups Dole Pineapple Juice
- 1 envelope unflavored gelatin
- 1/3 cup granulated sugar
- 3/4 cup evaporated milk, chilled
- 1/4 cup powdered sugar
- 1 teaspoon grated lemon peel

Add pineapple juice to small saucepan. Sprinkle gelatin over juice. Stand 1 minute. Stir in granulated sugar. Cook over medium heat, stirring, until gelatin dissolves. Chill until slightly thickened. Beat milk until stiff. Add powdered sugar and beat until blended. Fold into gelatin mixture with lemon peel. Pour into 1-1/2 quart souffle dish. Serves 6.

Per serving: 143 calories, 3 g protein, 2 g fat (1 g sat.), 28 g carbohydrate, 35 mg sodium, 9 mg cholesterol
Prep time: 20 min. Cook time: 1 min. Chill time: 1 hour



Party Fruit Compote

Dressing:

- 1/2 cup Dole Pineapple Juice
- 1/4 cup honey
- 1 teaspoon grated lime peel
- 3 tablespoons lime juice
- 1 tablespoon rum or 1 teaspoon rum extract

Compote:

- 2 kiwi, peeled, sliced
- 1 each: Dole Orange & Banana, sliced
- 1 Dole Apple, cored, chunked
- 1 cup halved Dole Strawberries

Combine all dressing ingredients. Pour over fruits. Refrigerate 1 hour. Serves 6.

Per serving: 126 calories, 1 g protein, 4 g fat
31 g carbohydrate, 3 mg sodium, no cholesterol
Prep time: 20 min. Marinate: 1 hour



Spiced Pineapple Tea

- 1 can (46 oz.) Dole Pineapple Juice
- 1 Dole Apple, cored, sliced
- 3 to 4 tablespoons brown sugar
- 2 cinnamon sticks, broken
- 2 mandarin orange tea bags

Combine pineapple juice, apple, sugar and cinnamon in a large saucepan. Bring to a boil for 2 minutes. Remove from heat. Add tea bags. Steep 5 minutes. Serves 6.

Per serving: 162 calories, 1 g protein, 3 g fat
40 g carbohydrate, 4 mg sodium, no cholesterol
Prep time: 5 min. Cook time: 2 min.